

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

OMB APPROVAL	
OMB Number:	3235-0287
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1. Name and Address of Reporting Person* <u>JACKS ETHAN E</u>  (Last) (First) (Middle) <u>86 CONCORD STREET</u>  (Street) <u>WESTON MA 02493</u>  (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>AVID TECHNOLOGY INC [ AVID ]</u>  3. Date of Earliest Transaction (Month/Day/Year) <u>03/16/2004</u>  4. If Amendment, Date of Original Filed (Month/Day/Year)	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  Director 10% Owner X Officer (give title below) Other (specify below) <u>SVP Business Development &amp;</u>  6. Individual or Joint/Group Filing (Check Applicable Line)  X Form filed by One Reporting Person Form filed by More than One Reporting Person
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Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	03/16/2004		M		7,147	A	\$14.13	8,347	D	
Common Stock	03/16/2004		M		765	A	\$12.8	9,112	D	
Common Stock	03/16/2004		S		300	D	\$42.74	8,812	D	
Common Stock	03/16/2004		S		100	D	\$42.73	8,712	D	
Common Stock	03/16/2004		S		600	D	\$42.68	8,112	D	
Common Stock	03/16/2004		S		400	D	\$42.67	7,712	D	
Common Stock	03/16/2004		S		100	D	\$42.65	7,612	D	
Common Stock	03/16/2004		S		100	D	\$42.61	7,512	D	
Common Stock	03/16/2004		S		200	D	\$42.59	7,312	D	
Common Stock	03/16/2004		S		100	D	\$42.57	7,212	D	
Common Stock	03/16/2004		S		1,100	D	\$42.54	6,112	D	
Common Stock	03/16/2004		S		4,100	D	\$42.51	2,012	D	
Common Stock	03/16/2004		S		812	D	\$42.5	1,200	D	

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Non-Qualified Stock Option (right to buy)	\$14.13	03/16/2004		M			7,147	09/06/2002 <sup>(1)</sup>	03/06/2012	Common Stock	7,147	\$0	1,751	D	
Non-Qualified Stock Option (right to buy)	\$12.8	03/16/2004		M			765	10/17/2001 <sup>(1)</sup>	04/17/2011	Common Stock	765	\$0	0	D	

Explanation of Responses:

1. 12.5% of the option becomes exercisable on the date listed in the "Date Exercisable" column; the remaining 87.5% vests in 42 monthly installments thereafter.

Remarks:

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

\* If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

\*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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